

2 Parslied Carrots 25

Number of Servings: 25 (111.39 g per serving)

Amount	Measure	Ingredient
6.00	lb	Carrots, fzn, slices
5/8	tsp	Salt, table
1/4	cup	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
1/4	cup	Parsley, dried

Nutrients per serving

Nutrition Facts		
Serving Size (111g)		
Servings Per Container		
Amount Per Serving		
Calories 60	Calories from Fat 20	
	% Daily Value*	
Total Fat 2.5g		4%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 150mg		6%
Total Carbohydrate 9g		3%
Dietary Fiber 4g		16%
Sugars 5g		
Protein 1g		
Vitamin A 250% • Vitamin C 4%		
Calcium 4% • Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Instructions

Cook covered frozen carrots until just tender with salt in small amount of liquid. Drain off most liquid. Add margarine and parsley and toss lightly and serve.

1 serving = 1/2 cup = 4 oz spoodle = 1 serving vegetables

1/2 cup = 9 grams carbohydrate = 1/2 Carb Serving

Notes